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# Garden and Conserve

## to SAVE what we've WON

U. S. Department of Agriculture

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U.S. DEPARTMENT OF AGRICULTURE

Latest reports from all parts of the world show that the food shortage in Europe and Asia has developed into an international crisis - far worse than was indicated three months ago. The situation calls for immediate, decisive action. Drastic measures are being taken by our Government and by the United Nations, but every citizen of the United States must help if we are to prevent mass starvation in the rest of the world. The duty of the American family in this emergency is to:

1. Cut food waste and eat less wheat products, fats, and oils -- substituting foods that are plentiful.
2. Produce and preserve food at home -- meeting farm goals raising victory gardens, canning and preserving.

Victory gardens this year will help immeasurably in making good our commitments to the rest of the world and assuring adequate supplies here at home. Last year's 18,400,000 home gardens turned out tremendous quantities of vegetables and fruits. We must do as well this year -- better if possible.

The time is late. The gardening campaign must get under way at once. National, State, and local leaders in many fields are already at work, organizing, promoting, and getting people started.

In the southern part of the country, gardens are already in the ground, but there is still time to plant more and to make follow-up plantings. In the rest of the land, there is no time to lose. After the peak of the planting season is past, then more of our attention can be centered on the preservation phases of the National Garden Program.

Here briefly outlined, is the situation and the job ahead. How can you help?

### THE VICTORY GARDEN PROGRAM FOR 1946

#### Reasons:

1. To increase total food supply, making possible larger shipments abroad.
2. To produce and conserve extra food for relief and community needs -- grown at home and canned at home or in community preservation centers.
3. To reduce the overload on transportation facilities with more locally-grown produce.
4. To increase family security through protection against potential shortages, savings on the food bill, better nourishment, and increase in value of the home investment.
5. To assist community development and family health, through more attractive home surroundings, recreation, and relaxation from the strain of the times.

#### Objectives and appeals:

1. Add your bit to the world food supply. By growing a part of your family's needs you release food stocks that

can be used somewhere else in the world. And you'll be able to contribute more processed foods to collection drives for famine relief.

2. Plan your garden carefully. Grow enough to supply your needs for fresh vegetables and as much extra as you can preserve for family stocks. Remember that some vegetables may be stored without preserving. Maybe you'll want to fit your plans with those of your neighbor, so that you can do some swapping.

3. Make successive plantings for continuous supplies and late crops.

4. Your victory garden will make it easier to save "a slice of bread a day" by enabling you to have an extra fresh vegetable with every meal.

5. Stay with your garden throughout the season. Keep making later plantings of late-season crops, not forgetting those that will keep after frost. Keep down weeds and grass, and cultivate as necessary. Watch for insects and other pests and apply the right treatment in time.

6. Figure how much your garden can save you in money.

7. Your own garden is the best insurance against possible crop failures here and abroad or unexpectedly large foreign relief needs. It is also possible that the shortage of tin and steel may limit the commercial production of certain canned foods.

#### YOU CAN QUOTE - - -

President Truman: "The United States and other countries have moved food into war-torn countries in record amounts, but there has been a constantly widening gap between essential minimum needs and available supplies.

"The threat of starvation in many parts of the world and the urgent need for food from this country emphasize the importance of continued effort to add to our total food supply this year. A continuing program of gardening will be of great benefit to our people."

Secretary Anderson: "We shall do all that is humanly possible to keep faith with the starving people of other nations by making available as much of our food as we can possibly spare. How much we can spare is up to the people of America. Certain farm goals have been raised. Various controls have been imposed on the use and movement of critically needed foods. This will not be enough. Every family must bear a part of the burden by conserving food in every practical way and by raising a victory garden if possible."

JUN 26 1946



**FOOD IS FOOD - - -**

Foods most urgently needed for famine relief during the next few months are wheat, fats, and oils. How can victory gardens help meet these needs -- for foods that cannot be grown in small gardens?

Of course, foreign relief needs for these foods must come out of commercial supplies, which are already less than domestic requirements. Families can help on these scarce commodities only by cutting their use of them to the minimum and by re-using and salvaging every drop of fats and oils in the kitchen. Extensive substitution of more plentiful foods will be necessary. Victory gardens will add substantially to total food output this year, as they did in the war years. Victory garden produce will increase opportunities for substitution and will help assure fully balanced diets, regardless of relief needs. Every tomato, bean, and head of cabbage coming out of victory gardens adds that much to the international food supply and makes the job of distributing it that much simpler.

8. Work toward a permanent garden. Choose soil, location, arrangement, and general gardening plan with this in mind. Consider planting fruit trees, grapevines, berry vines, and perennial plants. Gardeners should find it easy to do this. Plan with an eye for improving appearance and investment value of home and community.

9. Gardening is fine exercise. Nothing like a little spade and hoe work to keep you out in the fresh air and in good shape.

10. Relax! These times are a strain on everyone. No better way to forget your problems than to get down in the dirt and dig. This is the sort of thing a lot of fellows were dreaming about during long watches at sea and long hours just "sweating it out."

11. And eat better. You can't beat fresh vegetables and fruits right out of your own garden for flavor and nutrition. The average family needs a fourth more green and yellow vegetables, a fifth more tomatoes and citrus fruits than the market offered last year, according to the Bureau of Human Nutrition and Home Economics.

**FOOD PRESERVATION**

Preservation and canning of foods at home and in community food preservation centers is so closely related to victory gardens that this year's National Garden Program will stress heavily the importance of this type of food conservation in helping meet our food needs. Emphasis on preservation will come later in the season, as the harvests come in, but here is an outline of some of the points to be covered:

**Reasons:**

1. To conserve part of the production from victory gardens for future use.

2. To enable families to put aside "something extra" for donation to relief agencies.

3. To help hold the line against inflation by reducing demand for scarcer foods. Plentiful supplies of home-grown produce will ease the pressure on commercial stocks of foods in greatest demand.

**Objectives and appeals:**

1. Can and preserve seasonally abundant commercial crops. Save money and help save food that might go to waste.
2. Make your victory garden serve you all year round by preserving and storing part of its output.
3. Put aside as much as possible for donation to relief when the call comes. When you donate to relief you personally are helping some family fight off starvation.
4. Assist community school lunch programs by donating home canned foods and by helping in community canning projects.
5. Assure that your own family will be well fed by canning while produce is cheap and plentiful and stocking your pantry shelves.

**THAT ISN'T ALL!**

That isn't all there is to be said and done. Not by a long shot. That is just a bare outline. Other ideas and other appeals must come from you and others who influence the activities of friends and co-workers. Put your ideas into action. Behind you is the President of the United States, who launched this campaign; a Famine Emergency Committee composed of national leaders; Secretary Anderson with all the facilities of the Department of Agriculture; the various State governors; the mayors of most of our cities; hundreds of State and local committees, and thousands of volunteers.

**FOR YOUR INFORMATION**

Following are some of the publications of the United States Department of Agriculture which will be useful to those who are planning and organizing victory gardening activities

FB-1673 The Farm Garden.

MP-525 Victory Gardener's Handbook on Insects and Diseases.

MP-538 Growing Vegetables in Town and City.

AWI-95 Victory Garden Insect Guide.

Gardeners can obtain local advice and assistance from their victory garden leaders, including county agents, garden clubs and committees, and such. State information is available from the State Agricultural Colleges and extension services.

**GARDEN and CONSERVE**

to SAVE what we've WON

**THEY'LL STILL BE "VICTORY" GARDENS**

The question naturally arises this year, "Will they still be called "Victory Gardens"?"

Secretary of Agriculture Anderson says, "Yes."

Why change the name? The war is over but the victory is not complete and will not be complete until the wounds have been healed, the good earth is in full production again, and the starving victims of the war are eating regularly.

Other and more practical reasons are that the name Victory Gardens is a household word throughout the land, a name worth millions as businessmen measure good will. A great deal of printed matter, which is still available for use and which is as good now as it ever was, bears the familiar phrase.